

Music in the Heart (draft)

When was the last time you listened to music? Yesterday? Today? Or just now? Music is one of the most important things in my life.

For me, it is not just something that I hear everyday. It is as important as oxygen and water. My mood changes whenever I listen to it. Thus, I truly believe that music has an incredible effect on one's emotions and behaviours.

Music is the medicine of the mind. It "cures" emotions, sometimes maybe better than a doctor. After a long day in school, I throw myself onto the bed and groan, still counting the number of projects I have not finished. However, when I plug in my earphones and tap my feet to the rhythm of the song I am listening to, I feel relaxed and as if I have gone off to a world that has no worries and troubles. After I come back from "that world", I feel energized again.

Sometimes, I realize the fact that the type of music I listen to has an effect on the way I treat others. For example, after listening to a happy song, I might feel happier so I may treat others in a way I feel they should be treated. However, if I am listening to angry music, it may make me treat others in a way that is not so pleasant.

Eric Olson, Professor of Philosophy, University of Sheffield, UK, once said, "music is what life sounds like." As for me, it is what "hope" sounds like. Listening to songs makes me get into the mood of the singers, as if they are singing out their "stories" to me. Their hopes and dreams, beautifully written between lyrics, often make me tear. Music expresses that which cannot be said and on which it is impossible to be silent.

However, there is also another type of music that is not created by mankind. It is the melody of nature. There was once I had a heated argument with my mum and I just went to the garden and sat on the swing to calm myself down. I closed my eyes and listened to the happy twitter of birds. When I opened my eyes again, I realized the world looked so different then and my mistake for making my parent angry. "That" is music, too. It is most magical because it reaches the deepest of hearts and make us see things in a different way.

I believe that Benjamin Britten said it best when he said "It is cruel, you know, that music should be so beautiful. It has the beauty of loneliness of pain: of strength and freedom. The beauty of disappointment and never-satisfied love. The cruel beauty of nature and everlasting beauty of monotony." This quote explains how I feel about music, which is hard to do since there really are no words to do the task. Music is the king of emotions.